

January 2012 Urbana Senior Center Meal Menu

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www.FrederickCountyMD.gov/doa

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>The meal is served at Noon. Reservations must be made at least 48 hours in advance. \$4.80 per person per meal. Milk, juice, coffee, and tea, and bread are available each day. Menus are subject to change.</p>				
2 Center is closed Enjoy the holiday!	3 Mixed Green Salad Turkey Chili Green Beans Tator Tots Diced Fresh Fruit	4 Chicken Noodle Soup Chicken Tenders Onion Rings Peas Diced Fresh Fruit	5 Tossed Salad Tomato & Onion Salad Shepherd's Pie Applesauce	6 Center is Closed
9 Mixed Greens Ham Steak with Pineapple Macaroni and Cheese Stewed Tomatoes Diced Fresh Fruit	10 House Salad Stuffed Shells California Vegetable Blend Sliced Peaches	11 Tossed Salad Pork BBQ Sandwich Au Gratin Potatoes Italian Blend Vegetables Diced Fresh Fruit	12 Split Pea Soup Lettuce Wedge Roast Brisket with Gravy Mashed Potatoes Hot Cinnamon Pears	13 Center is Closed
16 Center is closed Enjoy the holiday!	17 Lettuce Wedge Chili Spinach Pears	18 Brunch: Omelet Bar Omelets made to order Other Brunch Items	19 Peach with Cottage Cheese Chicken Pasta Casserole Cal Vegetable Blend Blueberries	20 Center is Closed
23 Marinated Cucumber Salad BBQ Pork on roll Southern Green Beans Diced Fresh Fruit	24 Tossed Salad Spaghetti with Meat Sauce Garlic Bread Yellow Squash Pear Halves	25 Broccoli/Cauliflower Salad Roasted Pork Sauerkraut Collards Mashed Potatoes Strawberries	26 Caesar Salad Pizza Lima Beans Sliced Pears	27 Center is Closed
30 Four Bean Soup Spinach Salad Meatloaf with Gravy Mashed Potatoes Chuck Wagon Vegetables Pears	31 Carrot Raisin Salad Salmon Cake Green Beans Baked Sweet Potatoes Applesauce	February 1 Winter Salad Herb Fried Chicken Succotash Parsley Potatoes Apple/Cranberry Crisp	February 2 Tossed Salad Hotdog on bun Baked Beans Diced Fresh Fruit	February 3 Center is Closed